

VEQ NEWSLETTER

MARCH 2024

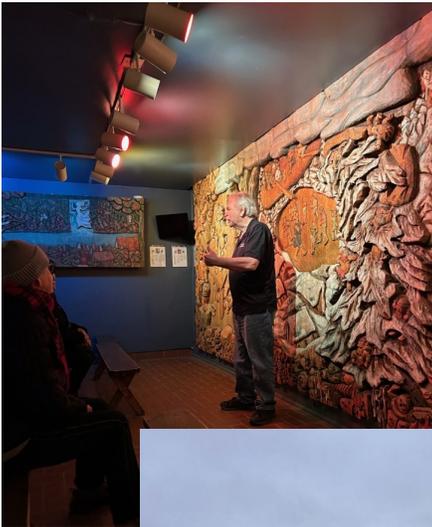
BLOOM INTO SPRING

As the winter chill begins to fade away, it's time to embrace the warmth and get ready for outings!

Mark your calendars for our much-anticipated [Spring Fest](#) on March 21 - we can't wait to see you there! And the St. Patrick's Day Parade will be held on March 23 - don't miss this amazing show in the heart of our city. Also, VEQ will be offering transportation to the Shannon Irish Show, so be sure to secure your spot. See [page 10](#).

Our coordinators have been buzzing with activities, having crafted an array of experiences to keep you entertained. Read on for information about a trip to Village Vacances Valcartier, a snowshoeing experience, the VEQ Podcast Mentorship Circle, and many workshops and information sessions.

Get ready, because even more exciting initiatives are coming your way in the next few months!



VEQ

Voice of English-speaking Québec

**Connect with the
English-speaking community**

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MADE POSSIBLE THANKS TO



SCAN ME

ALL OUR LINKS IN ONE PLACE!

We have made it easier for you to connect with us!

Here is how it works:

If you receive the newsletter by mail:

- Simply point your smartphone's camera towards the QR Code, and tap on the pop-up link that appears.

If you receive our newsletter by email:

- Simply click/tap on the QR Code.



Subscription

To help us promote a greener future with fewer print copies, please take a moment to contact us at (418) 683-2366 ext. 221, or at info@veq.ca, and tell us you would like to receive the newsletter electronically.

Connect
with
US

Contact us

T: (418) 683-2366
F: (418) 683-3273
E: info@veq.ca
W: www.veq.ca

Our locations

QUÉBEC

1270, chemin Sainte-Foy, Suite 2141
Québec, QC G1S 2M4

SHANNON

438, boul. Jacques-Cartier, Suite 206
Shannon, QC G3S 1N5

SOCIALIZE | SIP | NIBBLE

HELLO Spring FEST

MARCH 21 | 5 TO 7 PM

3 Brasseurs Laurier, Place Ste-Foy
2450 boulevard Laurier

MORE DETAILS HERE!



PLEASE RSVP BY MARCH 15



info@veq.ca

(418) 683-2366 ext. 221

ORGANIZED BY
VOICE OF ENGLISH-SPEAKING QUÉBEC

Newcomers' Corner

NEW TO THE CITY? WANT MORE INFORMATION?

Get in touch with María Castro at
(418) 683-2366 ext. 225 or newcomers@veq.ca



On January 24, we hosted a *CRA Info Session* with two representatives from the Canada Revenue Agency (the federal department that administers tax laws). They explained the benefits of declaring taxes with an emphasis on tax credits. If you missed it, don't worry! We'll host one more online. Check out the calendar on our website!

On Saturday, January 27, 22 newcomers enjoyed snowshoeing a freshly powdered surface on the Plains of Abraham. For most of them, it was their very first experience trying this popular and inexpensive sport.

This activity was possible thanks to the collaboration of *Accès-Loisirs* who kindly lent us the snowshoes.

As newcomers, we acknowledge the significance of remembering our origins. Thanks to the guided tour of the *Musée de la civilisation*, we learned about the original inhabitants of what we now call "home," Québec.

Did you know that *la belle province* is the only one that requires you to file provincial taxes separately? Following our commitment to equip you with the tools that will help you settle in your new city as easily

as possible, we hosted another tax information session, this time with the provincial government, *Revenu Québec*, on February 21.

On February 24, our community enjoyed the winter by choosing to participate in outdoor activities like snowtubing at *Village Vacances Valcartier*. Families and friends gathered to make the most of the chilly weather, creating memories of laughter and fun in the snow-filled landscapes. It was clear that embracing the winter weather through outdoor leisure activities was the best way to beat the winter blues.

Mark Your Calendars

March 5—Newcomers' Information Session at Université Laval

This information session is to present services for newcomers provided by VEQ. Learn how we can support you as an international student settling into the community. For more information, visit our website.

March 14—Immigration Information Session

Join us for a free immigration information session for newcomers! Learn about the immigration process and resources available to help you navigate your journey.

Never miss an event again!

Check all the upcoming activities on our website

SCAN ME



Podcasts, Broadcasts and Employability

PODCASTS NEWS

My Québec City Podcast

In January, Dominique and Susanna returned to Dollard-des-Ormeaux High School in Shannon to podcast with students Marc-Antoine, Amélia, Will, and Tristan. They in turn interviewed our special guests Wes McCoubrey, Kerry-Ann King, Danny Neville, and Alan Stairs who all live in the Northern perimeter. These will be featured on VEQ's YouTube channel in the coming month! We're also recruiting more guests ages 50 and over for interviews with oth-

er high school students. Contact Susanna at VEQ if you're interested.

And next month, Susanna will be facilitating two podcast workshops with the fashion marketing class at Campus Notre Dame de Foy. Thanks to English instructors Amélie Grace and Emily Cooke Poirier for the invitation.



Marc-Antoine and Wes McCoubrey (bottom left)

CDAH – VEQ Podcast Mentorship Circle has started!



Susanna leading Podcast Mentorship Circle Orientation session

In more podcast news, we have combined forces with the Community Digital Arts Hub (CDAH) to bring a new how-to podcast course to 11 community members. In just five weeks, participants will learn all the ins and outs of podcasting and produce an episode of their own. On February 12, VEQ's podcaster Susanna along with resident Vanessa from CDAH led the podcast members in an orientation session. We can't wait to hear where the podcast mic takes them! Stay tuned!

LOOKING TO USE ENGLISH AT WORK?

SCAN ME



For more information about VEQ podcasting or employment initiatives, contact:

Susanna Tang



(418) 683-2366 EXT. 222



SUSANNA.TANG@VEQ.CA

EMPLOYABILITY

A LOOK BACK AT RECENT EMPLOYMENT EVENTS

CQSB Info Session

On January 16, thirty participants joined us in person or online to learn about careers with the Central Québec School Board. Talent advisor Steven McCoubrey provided an overview of job positions and employee benefits while our very own Maria Castro gave a testimonial about working at Everest Elementary school. Thank you! We're also grateful for the assistance of Glenn Patterson from the Quebec Anglophone Heritage Network for his technical help to make it a successful hybrid event.

Labour Market: Your Role and Responsibilities Workshop

In collaboration with Option-travail, we were fortunate to have Carl-André Poliquin lead this interactive workshop in English. Attendees learned more about the labour standards and regulations in Quebec. They also benefited from sharing their personal experiences. Thank you to the participants and our featured speaker Carl-André for a great session.

UPCOMING EVENTS FOR MARCH

Événements Emploi Éclair (Second Bilingual Edition)

March 13, 2024 from 9AM – 12PM

A 5-minute phone call could land you your next job! Get a guaranteed phone call from an employer. Join Libre Emploi, VEQ, and the Valcartier Military Family Resource Centre for our next speed jobbing event from the comfort of your own home. A great way to network! Learn more [here](#) as employers are being confirmed.

Mastering Interview Questions
WORKSHOP
2nd Edition

Hands-on practice for job interview success!

MARCH 20 | 6 PM - 8 PM
2630 Hochelaga Blvd. Québec

Register here

QUESTIONS?
susanna.tang@veq.ca
(418) 683-2366 ext. 222

SCAN ME

Logos: Valcartier, VEQ (Voice of English-speaking Québec), RDN (Regional Development Network)

Photo: A group of people in a workshop setting, some holding up sticky notes.

The Mastering Interview Questions Interactive Workshop

March 20, 2024 from 6 – 8PM

Back by popular demand! Last November, we co-hosted a workshop to help participants get hands-on practice for job interviews. In addition to answering common and challenging questions, they also learned what employers shouldn't ask and how to address them.

Don't miss your chance to participate and gain an edge in your next interview! Register using the QR code in the image.

50+ Services

WINTER WITH *OUT & ABOUT*

Happy New Year from Out & About! After the holidays and hibernation from the cold month of January, Out & About outings have begun once again!

In early February, participants took a trip to *Place Laurier* to enjoy brunch with friends and some post-holiday shopping.

The following week, almost 20 participants headed to *Ste-Anne-de-Beaupré* for lunch and a guided tour with *Scott Kingsland* at the wood sculpture museum, *Atelier Paré*.

Later in February, an Out & About first – *Bingo!* 17 participants tried their luck at *Bingo de la Capitale* with an afternoon

of laughter and friendly competition. We even had one winner in the group!

March is going to be a busy month with some yearly favorites including a trip to Quebec's Northern Perimeter to see the *Valcartier parade & lunch to celebrate St. Patrick's Day* on March 15, the 55th annual *Shannon Irish Show* on March 16, and one of the most popular outings of the year, the *cabane à sucre!*

Get in touch with Maria Hoyt



(418) 683-2366 EXT. 221



MARIA.HOYT@VEQ.CA



Your VEQ Newsletter, now prepared with care by the participants of the R.I.S.E. Program!



The Voice of English-speaking Québec has just started a new collaborative project with the R.I.S.E. Program to help assemble your bi-monthly newsletters. The R.I.S.E. program, which is an initiative of the Jeffery Hale Community Partners, is a full-time program for English-speaking adults with special needs. The program strives to enhance the potential of each person and provide them with a sense of purpose and community through activities that help develop life and social skills. Projects like this are extremely positive for all partners involved.

Northern Perimeter

WHAT'S NEW?

In January, VEQ worked on an intergenerational initiative with Dollard-des-Ormeaux School (DDO) and local 50+ers who volunteered to participate in VEQ's "My Québec City Podcast" project. For the second straight year, four secondary five leadership students interviewed locals at DDO School to make podcasts. This rich "outside-the-box" educational experience, with its "podcast" equipment and intergenerational reality, featured two people from Shannon, one from Valcartier, and one from Tewkesbury. Thanks again to Kerry King, Danny Neville, Wesley McCoubrey, and Alain Stairs for sharing some fascinating chapters of their lives and giving back to the community — to its youth! Stay tuned and don't miss out on these future podcast interviews on our Facebook page!

Get in touch
with our
Shannon team!

Contact Dominique Paddack

Email:

dominique.paddack@veq.ca

Tel:

(418) 683-2366 ext. 227

In addition, two other intergenerational activities took place in January and February, this time with 50+ volunteers helping out kindergarten students. Storytime and Arts & Crafts initiatives/workshops are still ongoing at DDO and cater to over 50 students every two weeks – students, teachers, and volunteers alike have relished participating in these activities. If you or someone you know is interested in volunteering, please contact Dominique.

In St. Gabriel-de-Valcartier (SGDV), VEQ collaborated with Valcartier Elementary School (VES) and the Valcartier/Military Family Resource Centre on an initiative that sent out student-made Valentine's cards to local veterans for Valentine's Day. VEQ was also happy to sponsor a new heater for VES's new outdoor Yurt "classroom" which has been in full "learning" swing since its inauguration this past fall 2023.

The SGDV municipality, VES, and VEQ will be collaborating to bring "green" St. Patrick's Day fun to Valcartier during the traditional student parade and lunch—where Irish stew will be offered to locals (for a donation) on Friday, March 15, at the community centre.

And speaking of St. Patrick's Day activities, VEQ was pleased to be involved in the success of the



Arts & Crafts in Shannon

1st edition of "Bingo Night" which took place on February 9 at the Shannon municipal community center. The event was organized by the Shannon Irish Dancers (and CWL) to raise funds for local dancers who've qualified for the World Championships in Scotland this year. VEQ provided roundtrip bus transportation to 15 residents from SGDV who happily participated in this fundraising evening.

Finally, in February, VEQ held its annual focus groups respectively on February 14 (for Shannon) and February 22 (for SGDV). The goal being to update our partners on some of our activities, discuss collaborative projects, and evaluate our services focusing on the role the satellite office can play in the local English-speaking community going forward.

50+ Northern Perimeter

OUT & ABOUT

Finances and Aging Workshop: On February 2nd, participants gathered for lunch followed by a very informative session regarding post-retirement and estate financial planning.

Special thanks to Derek Montgomery for his time and expertise, and to the Municipality of Saint-Gabriel-de-Valcartier for their collaboration.

Community Kitchen: On January 19, a group of participants gathered and made some traditional Québécois recipes: pea soup, pâté à la viande, and pouding chômeur. Stay tuned, as we are preparing more interesting activities for the spring!



COMMUNITY ACTIVITIES

Community Kitchen

March 1 & April 12, 9:30AM to 1:00PM

Join us for our monthly Community Kitchen in partnership with the municipality of Saint-Gabriel-de-Valcartier. The cooking session will be followed by lunch and there is enough for everyone to take portions home to freeze. This session we will cook up some Irish recipes in honour of Saint-Patrick's Day.

On April 12, learn to make some savory dishes that will take you across the ocean to India with our featured chef, Susan!

Registration is on a first-come/first served basis. Reach out to Catherine.

Chair Yoga

Each Tuesday until May 14, 9:30 to 10:30AM (at Shannon)

Each Thursday until May 16, 9:30 to 10:30AM (at Saint-Gabriel-de-Valcartier)

Join our weekly Chair Yoga classes at the Valcartier Military Family Resource Centre (Shannon) and at the Saint-Gabriel-de-Valcartier Community Centre.

Registration is on-going and you are welcome to join whenever you would like.

Contact Catherine to sign-up for either location!

Continued on the next page!



IN STITCHES

a tightly knitted club

Drop in at the Shannon Community space at 438 boul. Jacques Cartier (1st floor VEQ Community Space), every Monday from 1PM to 3PM, and join up with other English-speakers for an afternoon of knitting or crocheting.

Please bring your own materials. Coffee, tea and light refreshments will be provided.

ENGAGING IN COMMUNITY

St. Pat's Community Lunch

March 15 at 11AM-1:30PM

Join the St. Gabriel-de-Valcartier community as they celebrate St. Patrick's Day with a parade of elementary school students followed by lunch at the Community Centre. A delicious lunch will be provided for a small donation, and a fun social atmosphere promises to make this festive holiday even more enjoyable!

Shannon Irish Show

March 16 at 7:30-10:30PM

VEQ will be providing a bus from St. Gabriel-de-Valcartier to the Shannon Community Centre for all those who would

like to attend the evening performance of the 55th *Shannon Irish Show*. Sponsored by the Catholic Women's League of Shannon, the show will be held at the Shannon Community Centre, located at 75 Gosford Road. The bus will depart from St. Gabriel at approximately 6:45PM. Tickets are \$10, cash only, and can be purchased at the front door. Refreshments will also be available for purchase.

Please RSVP by March 8 to Jeanne Nivischiuk.

Shannon Club Age d'Or St. Patrick's Supper

March 17 at 5:30-8:30PM

VEQ will be providing a bus

from St. Gabriel-de-Valcartier to the Shannon Community Centre for all those that will participate in the Shannon St. Patrick's Day supper. Tickets must be purchased in advance from Shirley Kiley.

Please RSVP by March 8 to Jeanne Nivischiuk

Tablet Lending Library

VEQ is offering tablets on loan, with data plans, for seniors who may need them to assist with electronic communications or for other tasks.

Please contact Catherine for more information or if you would like to sign one out.

Come play Bananagrams, Just One, Ghost Blitz, Scattagories, Timeline, Hellapagos or bring your own to share!

Game Night

Free

February 23
March 1
March 6
March 22

From 6:00 to 8:00 p.m.
Refreshments and snacks provided

Multipurpose Room at the Wellness Centre
Jeffery Hale Pavilion
1270, chemin Ste-Foy, Québec

FOR MORE INFORMATION,
PLEASE CONTACT JEANNE NIVISCHUUK
jeannenivischiuk.veq@gmail.com
(418) 683-2366 ext. 227

REGISTER NOW

Get in touch with our Shannon team!

Catherine Baboudjian
Email: catherine.baboudjian@veq.ca

Jeanne Nivischiuk
Email: jeannenivischiuk.veq@gmail.com

Tel: (418) 683-2366 ext. 228

Community Happenings

COMMUNITY EVENTS
AND ACTIVITIES FOR YOU

The Wellness Centre

The Wellness Centre at the Jeffery Hale Pavilion promotes the personal and shared well-being of English-speakers in the Québec City region. Visit www.wejh.ca for more information about activities and volunteering.

Upcoming events:

Mar 3, 10, 17, 24, Apr. 31, — Buddy Up: Basketball

Mar 5, 19, Apr. 2, 16 — Brain Power Drop-in

Mar 6, 13, 20, 27, Apr. 3, 10 — 50+ Fun Chair Yoga

Mar 6 — The Grief recovery Method Course

Mar 13 — Savour More, Stress Less!

Mar 14, 21, 28, Apr. 4, 11 — Improve Your Wellbeing With Positive Psychology

Mar 19, 26, Apr. 2, 9, 16, 23 — Wellness Yoga

Mar 26 — Beyond Appearances: Understanding Eating Disorders

Apr. 30 — Improve Your Snooze

Questions? Please email: info@jhpartners.net

Y4Y

Y4Y Québec is a non-profit organisation committed to addressing the issues facing English-speaking youth (ages 16-30) across Québec.

www.y4yquebec.org

Y4Y's 7th Annual Youth Forum

Are you looking to get more involved with Y4Y?

Join the Y4Y Annual Youth Forum on Friday, **March 15!**

More details here:

<https://www.y4yquebec.org/youth-forum-2024>

Never miss an event again.

Sign up for the
Newcomers' e-Bulletin

SCAN ME



Lifelong Learning

Lifelong Learning provides opportunities for growth and intellectual stimulation for mature learners.

Visit their website here: www.lifelonglearningquebec.org/

Upcoming events:

Mar 13, 27—ABC Workshop

Mar 14—'When Irish Eyes...'

Mar 20—Emergency Preparedness

Mar 21—Canada Invaded: German U-Boats in the St. Lawrence

Apr 3—Financial Planning with Peter Weston

For more information, contact them at (418) 681-1258, or email:

info@lifelonglearningquebec.org

...More!

COMMUNITY EVENTS AND ACTIVITIES FOR YOU

The Morrin Centre

Upcoming events & activities:

Mar 4, 6 — Ballooning to Safety—Mixed-Media Art Workshops

Mar 2, 9, 16, 23 — Storytime

Mar 5, 12, 19 — S.T.E.A.M: Bean Art

Mar 6, Apr 3, May 15 — OverDrive Workshop: Getting Started with Libby

Mar 25, Apr 29 — Mystery Mondays Book Club

Mar 19, Apr 15 — Pixels & Pages

Mar 2, 30, Apr 27 — Reading The History of Emily Montague

Mar 11 — A Hundred

Hydrangeas: Poetry Soirée & Launch of Citronella

Mar 13 — Building Our Community – Health and Social Services

Mar 20 — Meet the Author: Margarita Saona

Mar 24 — Morrin In Verse: Reading Poetry Workshop

Need more info? Please email library@morrin.org

Visit www.morrin.org to learn more about the Morrin Centre.

Email: info@morrin.org

Tel: (418) 694-9147

PLACE YOUR EVENT HERE

Get in touch with Viktoria about promoting your upcoming events in our next issue!

Viktoria Poulin Gareau

 (418) 683-2366 EXT. 226

 MELISSA.WAN@VEQ.CA

Don't forget to email the Québec Chronicle-Telegraph to add your event to their calendar:

editor@qctonline.com



COACHING DATES

Are you an entrepreneur or have aspirations to start your own business? Sign-up for the next YES Business Coaching session!

Below are the dates for the upcoming months. Reserve your spot before they run out!

Mar 13-14

Apr 17-18

May 15-16

June 12, 19-20

Contact María Castro for reservations:

 (418) 683-2366 EXT. 225

 NEWCOMERS@VEQ.CA